



## Travel Destinations & Activities

**NOTICE.** No evening ceramics classes will be held at this time. Please come in on Tuesdays and Thursdays during regular class hours.

### Card Making with Lorica March 5; 10:00; \$2

Project TBA. Lorica has some new techniques and ideas for you to make your own all occasion cards. Project cost \$2 for four cards.

### DI Shopping March 10, \$10

We're heading south for a day of fun. Sarah will be your escort for this trip. Lunch is on your own. You will want to wear good walking shoes.

### Art & Soup March 11; \$15; 10:00

The Sheraton City Centre is the venue for the Art & Soup celebration 2009. This is a fundraiser for Community Nursing Services. The Senior Center has made this an annual trip for a number of years. It is a delight for the senses especially the taste buds. One of the featured artists is Ian Ramsay who has become a friend of the Senior Center and offers a workshop to our watercolor class each year. If you've never been, you'll delight in this trip.

### Make & Take Craft Day with Alison Johnson RN March 16; N/C; 10:00

Class limited to 16. Project TBA

### Murder Mystery Dinner Theater March 20; 6:30 p.m.; \$15

"Lei'd to Rest" is the title for this year's event produced by our 501 (c) 3 fundraising arm for Meals On Wheels, Box Elder Golden Spike Senior Services. The theme is set in the island of Hawaii. Guests are encouraged to come in their Hawaiian attire. The ticket includes the dinner—\$10 of which is a donation for Meals On Wheels.

Join the locals and the tourists at Lokuhaui Beach to find out what happens when the sun sets and the tensions rise at the Harmony Cove Resort. Will you be able to guess who killed Joe Markham?

Seating limited to 176 seats so make your reservations early. Donations are tax deductible and encouraged.

### Dinner and a Movie March 24; \$5; Time & Movie TBA

### Spring Spectacular March 30; \$5; 6:30

The second major fundraiser for Meals On Wheels is sponsored by the Mayor's Advisory Council on Aging.

Change in Travel Program Reservation Policy: The City's Accounting Policy for Senior Center trips has changed the way trips are organized. *Payment in full is required **within three (3) days** of registering to guarantee your seat.* Delays in payment will result in your name being moved to a waiting list, or dropped from the roster.

A donation has been made to  
Meals On Wheels

In Memory of

Lee Walker

And

Denie Littlewood

by Anonymous

Papa Ben (Deverle Barker)

From

Grandma Petie (Sandy)

A donation has been made to the

Senior Center

In Memory of

Arlene "Woody" Wood

By Family & Friends

North Summit High School Class  
of '54

## National Poison Prevention Week March 15-21

The Utah Poison Control Center (UPCC) was established in 1954 and has responded to more than 1 million calls for assistance. The UPCC is a program of the University of Utah, College of Pharmacy. In 2008, the UPCC received over 56,000 reports of poison exposures, 60% of these cases involved children < 6 years of age with 4% of cases involving adults over 59 years of age.

They provide information about poisons and poison prevention, 24 hours a day, 7 days a week. For life-saving treatment advice about any kind of poison, call Poison Help at 1-8-222-1222.

The following are some emergency action steps for poisoning that you can and should take in certain situations.

**Inhaled Poison:** Quickly get the person to fresh air. Do not breathe the fumes. Open doors and windows wide.

**Poison to the Skin:** Remove contaminated clothing. Rinse skin continuously with water for 15 minutes. Then wash gently with soap and water. Rinse again.

**Poison in the Eye:** Quickly start rinsing the eye with lukewarm (not hot) water and continue for 15 minutes. Have the person blink as much as possible while rinsing the eye. Do not force eyelid open. Do not use eye drops.

**Swallowed Poison:** Do NOT make the person vomit. Medicine: Do not give anything by mouth unless so advised by the poison control center or a doctor. Chemical or Household Product: If the person is awake and is able to swallow, quickly give a glass of water (2 to 8 ounces). Do NOT follow first aid instructions on product label — they may be wrong.

If poisoning occurs, remain calm; have the product available at the phone; call the Poison Control Center. If the victim is unconscious, having convulsions or difficulty breathing, call 9-1-1.